

Farrah Fruit



Farrah Fruit

apple

blackberries

bananas

watermelon

strawberry

kiwi

grapes

orange

cherries

**Reggie,
Veggie**



Reggie Veggies

carrot

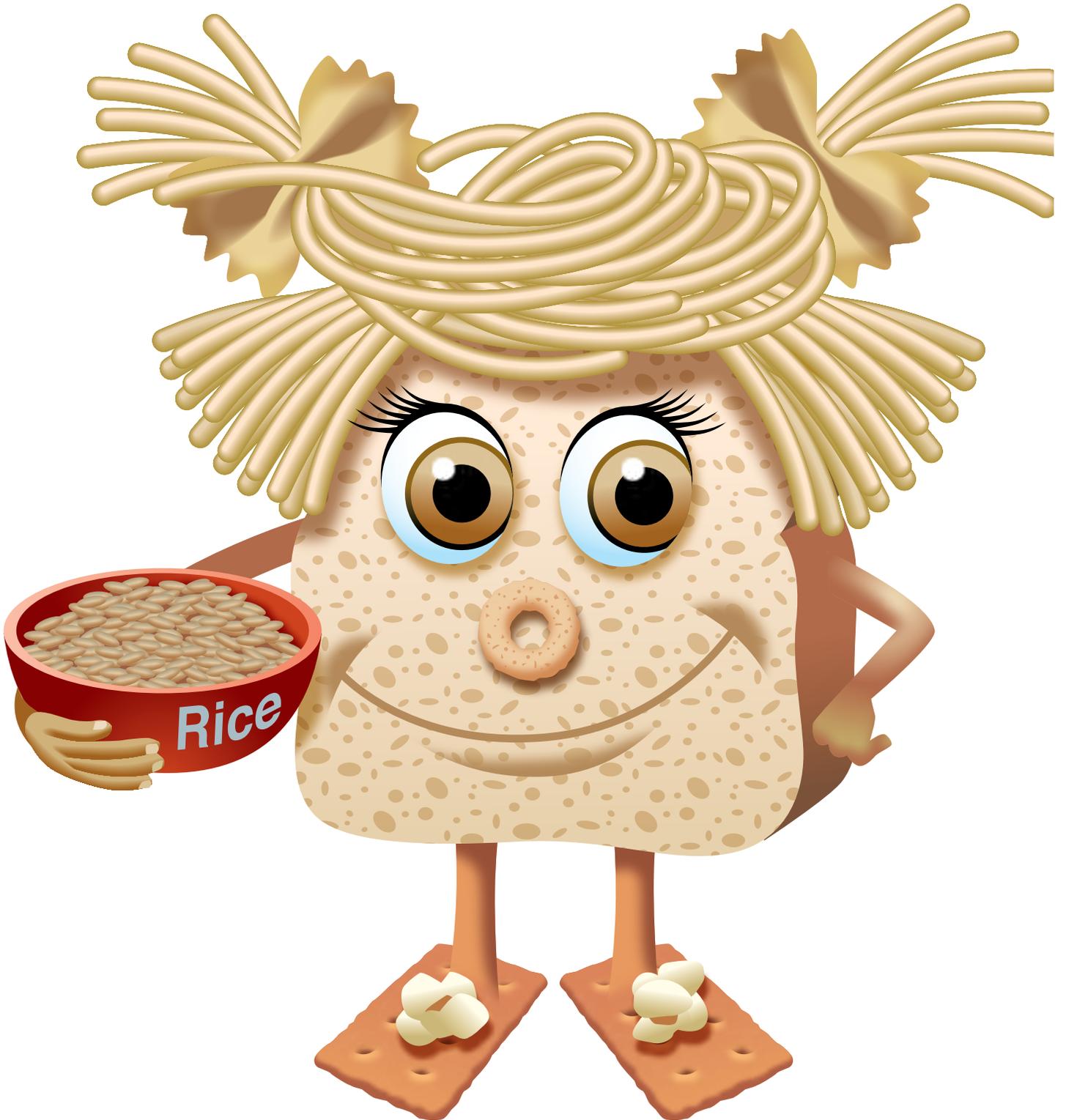
broccoli

snap peas

spinach

bean

Jane. Grain



Jane Grain

whole-wheat bread

whole-grain pasta

(spaghetti and bowtie)

whole-grain cereal

brown rice

popcorn

graham crackers

Dean Protein



Dean Protein

chicken

ham

egg

beans

peanuts

Mary Dairy



Mary Dairy

yogurt

milk

cheese

**MyPlate
Nate**



**MyPlate
Kate**



MyPlate

Nate and Kate

**They eat healthy foods
from each food group
every day. They also
like to run and play
every day. Eating smart
helps them play hard.**